

Program Description

The goals of the Breastfeeding Support Program are to help families make informed choices about infant feeding, and to create an environment in which breastfeeding mothers are adequately supported. The program provides education sessions to employees of the Department of Health Services and community partners on the topics of breastfeeding and lactation management, and also provides assistance to the public hospitals in making policy changes that promote and protect breastfeeding during the maternity stay.

Important Things to Know

- Breast milk is the most complete form of nutrition for infants, and breastfeeding has been shown to promote mother-infant bonding.
- Breastfed children benefit from greater immunity against a variety of illnesses and infections during infancy, but also benefit lifelong from:
 - o reduced risk of diabetes, asthma, allergies, overweight/obesity, and certain cancers;
 - o enhanced visual, motor, and oral development; and
 - o higher IQ and school performance.
- Breastfeeding mothers also benefit from reduced risk of postpartum depression, certain cancers, osteoporosis, and overweight/obesity.
- The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of life, with continued breastfeeding through at least 12 months of age.
- There are plenty of resources available to assist mothers who need help with breastfeeding, including low-cost or free resources.
- Approximately 80% of mothers in Los Angeles County initiate breastfeeding, 49% continue breastfeeding through six months after delivery, and 29% breastfeed through 12 months after delivery.

For more information, please call (213) 639-6463
or visit <http://lapublichealth.org/mch>
and click on Breastfeeding Support.



